



THE RANGARAYAN

A fortnightly voice of the seagulls



ESTD. SEPTEMBER 2023

INSIDE THIS ISSUE:

- CPR man of India
- Voice of the Century
- Madhubani
- Players: Games, Teams: Championships
- Kotiyoor
- Saga Dawa
- Snaan Poornima
- Research and Webinar publication
- Erevna 2.0
- Journal Club Meet
- Hayagreeva 2023
- Finalised scheme of examination
- Glimpse of you
- Summer
- World Blood Donation day
- World Environment day
- Brain Teasers
- The One Thing

PRESERVE LIFE

Dr. D S V L Narasimham, MS General Surgery

Greetings readers.

The last fortnight has been very exciting with a variety of events happening on campus. We organized a blood donation camp on the day of World Blood Donation where students with great awareness donated blood to the hospital blood bank. A plantation programme was conducted on the early morning of World Environment Day. Every student who attended the programme adopted a plant and was encouraged to take care of them.

The motto, "Say No to Plastic" was taken to heart and a cleaning drive was conducted on the campus premises. Dr. Siddha Chakra Rao, an alumnus of our college was dubbed the CPR Man of India. He was felicitated for being appointed as a member of the ILCOR-International Liaison Committee on Resuscitation. ILCOR provides a forum for the discussion and coordination of all aspects of cardiopulmonary and cerebral resuscitation worldwide. The importance of the knowledge of first aid and CPR cannot be stressed enough. Knowledge among the general public in this discipline is very low. Administration of first aid and CPR within the golden period is likely to reduce mortality. Induction of first aid in the regular curriculum for all students irrespective of their course subjects can be very helpful in saving countless lives. Workshops and demonstrations in colleges and public places will also help create awareness.



Health Bulletin

A new technique named as Clustered Regularly Interspaced Short Palindromic Repeats or CRISPR allows us to alter human DNA (or any organisms) in an attempt to correct defective genetic coding in University of Alicante in Spain.



WHO teams conducted house-to-house visits in Kopaganj block in Mau district to ensure that no child missed polio vaccination during Sub-National Immunization Day on 28 May. WHO is providing technical and field support to national and state governments to maintain India's polio-free status.



June 17: World Day to Combat Desertification and Drought || June 18 : Autistic Pride Day || June 19: World Sickle Cell Awareness Day || June 21: International Day of Yoga || June 26: International Day against Drug Abuse and Illicit Trafficking



Around the world - RMCANA CORNER

CPR MAN OF INDIA

Dear Rangarayans, greetings! Happy Father's Day! Let's take a moment to salute that one man in our lives who is there for us no matter what. The past week has been another week filled with national level excitement and Rangarayan pride. Indian Resuscitation Council (IRC) has become a member of the International Liaison Committee on Resuscitation (ILCOR). In the 21st century when India had been making so many strides on so many fronts, it was mind boggling that we didn't have our own cardiopulmonary resuscitation protocol. That was until recently. Over the past few years, IRC has formed the Compression -Only Life Support (COLS) guidelines that can be used anywhere irrespective of the availability of medical equipment, widely popularized these guidelines among healthcare professionals and laymen alike, and published credible evidence that this protocol can save lives both in the mainstream media and in scientific journals.



Dr.Sashi Kuppala
RMCANA President

All this was done under the leadership of one great man, Dr. SSC Chakra Rao, the chairman of the IRC and an adopted Rangarayan (Dr. Chakra Rao has completed his medical training at Andhra University but worked mostly at RMC). I congratulate Dr. Chakra Rao garu for his monumental achievement and wish him all the success in future endeavors. I hope the Government of India recognizes his services to the public in an appropriate manner.



Dr.S.S.C Chakrarao is the chairman of Indian Resuscitation Council Federation (IRCF), which is the principal reason for the increase in the knowledge of CPR across the India. With the efforts of Dr.Chakrarao who once student of Rangaraya Medical College, IRCF got recognised by the International Liaison Committee On Resuscitation (ILCOR). On this Occasion Indian Society of Anaesthesiologists (ISA)Andhra Pradesh, IMA kakinada, ISCCM city branch along with Staff and Students Of RMC under the Department of Anaesthesiology had arranged a Felicitation for Dr. Chakrarao for which Dr. K. Babji, Vice chancellor, YSRUHS had attended as chief guest to the RMC auditorium. Many others had attended the Felicitation including Dr.D.S.V.L. Narasimham, Dr. Hemalata Devi, Dr.A. Vishnu vardhan, Dr.M. Pavan Kumar, Dr.A.S. Kameswarao, Dr.Y.S. Achyutaramaiah, Dr.V.Ravi, Dr.G. Bhanumati, Dr.S.V.Lakshmi Narayana, had graced the function. All the guests had spoken about the achievements of Dr. Chakrarao and appreciated him for his efforts for making IRCF recognised by ILCOR. After the speeches of dignitaries on and off the stage Dr. Chakrarao came to speak about the CPR and IRCF. He said that “ Every minute's delay in the resuscitation of the cardiac arrest victim reduces the chance of survival by 7%–10%. If CPR is performed immediately by someone nearby, the chance of survival of victims can double or triple. Considering the limitations and recent developments, this practice guideline of CPR has been developed ped by the Resuscitation Council, formed by the Indian Society of Anaesthesiologists (ISA) for resuscitating cardiac arrest victims outside the hospital by layperson – the compression-only life support (COLS).” He also mentioned about the module that IRCF is going to Research in the upcoming days. Finally the programme had ended with the Felicitation to Dr. Chakrarao.



CONFERENCES AND COLLOQUIUMS:

EREVNA 2.0;

igniting young medical minds: Second annual undergraduate medical conference of Rangaraya Medical College will be held from 27th to 29th of July

Sends your articles to us @ theranagarayaneditorialboard@gmail.com



History

VOICE OF THE CENTURY

By Kushal, Member of board



On June 4th, we celebrate the birth anniversary of the legendary Indian playback singer, SP Balasubramaniam. Fondly known as SPB, he was born on this day in 1946 in Nellore, Andhra Pradesh. He had a career spanning over five decades and has recorded over 40,000 songs in various Indian languages including Telugu, Tamil, Kannada, Hindi, and Malayalam. He was also a music composer, actor, and dubbing artist. He received numerous awards and honors for his contribution to the Indian music industry, including the prestigious Padma Shri and Padma Bhushan. His voice was unique and had a mesmerizing quality that could touch the hearts of millions. He had a versatile voice that could effortlessly switch between high and low notes, making him one of the most sought-after playback singers in India. His contribution to Indian music is immeasurable, and he will always be remembered as one of the greatest singers of all time.

Also, he had sung the theme song of Rangaraya medical College which is a matter of pride for all of us.

Art

MADHUBANI

By Mythili, Section Editor

Madhubani art is a style of painting practiced in the Mithila region of India and Nepal. It is named after the Madhubani district of Bihar, India, which is where it originated. Artists create these paintings using a variety of mediums, including their own fingers, brushes, nib-pens, and matchstick. The art usually consists of scenes from the Ramayana or depicts Lord Krishna with Gopi. The Madhubani painting tradition played a key role in the conservation efforts in India in 2012, where there was frequent deforestation in the state of Bihar. The main reason behind this was that the trees were traditionally adorned with forms of gods and other religious and spiritual images. Madhubani is also famous for its Mithila paintings. These paintings are created mostly by women using natural colours and are done on walls, floors of sacred places, etc. The painting is brightly coloured with a mix of several hues, along with a white border to all lines which is a major technique used. This art form originated when Lord Janak asked the villagers to decorate the village to celebrate the wedding of Rama Ji and Sita Ji. Mithila paintings mostly depict people and their association with nature and scenes and deities from the ancient epics.

Mentioning the beauty and simplicity of these paintings, these show the cultural identity of the land with its depiction on themes of love, religion and fertility.



Sports

PLAYERS: GAMES, TEAMS: CHAMPIONSHIPS

By Khushi Jain, Member of board

Cricket is not just a game, it's an emotion. The common bond that can unite many people even with diverse views and beliefs is a passion for the game of cricket. Many cricket tournaments occur throughout the world and ICC Test Championship is one of them. The first ICC World Test Championship started with the 2019 Ashes series, and finished with New Zealand lifting the trophy after defeating India in the final in June 2021. The 2021-2023 ICC World Test Championship is the second edition of the ICC World Test Championship of Test cricket. It started on 4 August 2021 and is scheduled to finish with the Final on 7-11 June 2023 at The Oval, London played between Australia and India.

Australia clinched the title of World Test Champions in a commanding fashion, securing a resounding 209-run victory over India in the thrilling WTC Final at The Oval. Travis Head and Steve Smith's remarkable centuries in the first innings laid the foundation for Australia's early control of the Test. Despite India's valiant response, the match extended to a fifth day, but they fell short of an extraordinary record chase, ultimately being bowled out for 234. Australia scripted history on Sunday, June 11 as they became the first men's team in world cricket to win an International Cricket Council (ICC) world title in all three formats.



Open call for title of the newsletter | Open call for editorial board from students | Open call for advisory board from faculty | Send your articles, art, jokes, riddles, questions, queries or suggestions to us.

Mail: therangarayaneditorialboard@gmail.com

Culture

KOTIYOOR

By Vineel, Member of board



Kerala, also known as "God's Own Country," is a land rich in cultural legacy and vibrant traditions. Among the many festivals held in this wonderful state, the Kotiyoor Festival stands out. It is an annual pilgrimage that draws worshippers from far and wide. The Kotiyoor Festival is held in the famous Kotiyoor Mahadeva Temple, which is set among the picturesque Western Ghats in North Malabar. The event is held for 28 days during the Malayalam month of Vaisakham (May-June) and is believed to commemorate Lord Shiva and Goddess Parvati's reunion. During the event, worshippers must walk 14 kilometres through dense forests and up steep hills to reach the shrine. The highlight of the festival is the 'Neyyattam,' a unique offering of ghee poured over a Shivalinga. The Kotiyoor Festival is both a religious and a cultural spectacular. It provides an enthralling experience of traditional music, dance performances, and art forms such as Theyyam and Kathakali. The Kotiyoor Festival in Kerala is a compelling blend of devotion, history, and cultural fervour that leaves a lasting effect on those who attend.

Culture

SAGA DAWA

By Divya, Member of board

Saga Dawa, also known as the Triple Blessed Festival, is a notable festival celebrated in Sikkim. This festival holds immense cultural and religious significance for the people of Sikkim, particularly for the Buddhist community. It is observed every year on the full moon of the 4th month of the Buddhist Lunar calendar which corresponds to the month of June. Saga Dawa commemorates the birth, enlightenment, and demise of Gautama Buddha. Devotees engage in various religious activities, including prayers, offerings, and circumambulation of sacred sites. Deep contemplation and spiritual thinking are accomplished. One of the key highlights of Saga Dawa is the "Prayer Flag Hoisting" ceremony, where colorful flags inscribed with prayers and mantras are hung across monasteries. It is believed that as the flags flutter in the wind, they carry positive energy and blessings to all beings. Saga Dawa is a time for unity, compassion, and mindful awareness. It serves as a reminder to follow the teachings of Gautama Buddha and to cultivate love and kindness towards all living beings.



Culture

SNAAN POORNIMA

By Mythili, Section Editor



Snana poornima is an important festival for Hindus. This is the first occasion in the year as per the Hindu calendar, when the deities Jagannath, Balabhadra, Subhadra, Sudarshana, and Madanmohana are brought out from the Jagannath Temple (Puri) and taken in a procession to the Snana Bedi. There they are ceremonially bathed and decorated for a public audience with the devotees.

It is a belief among devotees of Lord Jagannath that if they make a pilgrimage to see the deity on this day, they would be cleansed of all of their sins. Hundreds of thousands of devotees visit the temple on this occasion.

On the day of the Snana Yatra, the deities are bathed with 108 pots, of ritually purified water drawn from the northern well of the temple to the accompaniment of religious incantations. In the evening, at the conclusion of the bathing ritual, Jagannath and Balabhadra are dressed up in elephant headgear representing the God Ganesh.

After the Snana Yatra, the Gods are traditionally believed to fall ill and are kept in a sick room to recuperate in privacy under the care of the Raj Vaidya. During this period the Gods cannot be seen by devotees. At this time three pata chitra paintings are displayed for devotees to view instead.



Open call for title of the newsletter | Open call for editorial board from students | Open call for advisory board from faculty | Send your articles, art, jokes, riddles, questions, queries or suggestions to us.

Mail: therangarayaneditorialboard@gmail.com

Research, Conference and Colloquium

RESEARCH AND WEBINAR PUBLICATION

By Devi Priyanka, Section editor

Indian Journal of Anaesthesia (IJA) have conducted a webinar on Research and Publication on June 8 th 2023, thursday 5:00 pm-6:00 pm on the topic of Reporting your Data: What? How? And Why? . They have enlightened young minds about how to learn the essentials of reporting data meaningfully and scientifically for a successful publication. Speaker of webinar is Dr.L.N.Yaddanapudi, Professor and HOD of Anaesthesia and Intensive Care, PGIMER, Chandigarh, Chairperson of the webinar is Dr.Rakesh Garg, Aaims, New Delhi (Editor - in- Chief , Indian Journal of Anaesthesia,Co- ordinator - Dr.Kiran Mahendru, DMCH, Ludhiana.

EREVNA 2.0

By Devi Priyanka, Section editor

It's time to attend the event of conference season. ERVENA 2.0 ,the second edition of Rangaraya Medical College Undergraduate Medical Conference is back with fascinating events . This conference is going to be held on July 27th to 29th at Rangaraya Medical College, Kakinada . Event includes many more riveting workshops, insightful competitions cutting edge researches, and social events forming valuable new alliances.

Highlights of events are:

- India's only UG hands-on foetal autopsy demonstration and dissection.
- Hands-on Ultrasound experience.
- Hands-on cataract surgery performance on goat eye.
- Hands-on expertise on Basic Cardiac Life Support skills(BCLS).
- Hands-on pediatric and adult orthopedic demonstration and application.
- Hands-on neonatal resuscitation program.
- Integrated session on Arterial blood gas(ABG) analysis.

And many more hands-on and interactive workshops yet to be announced.



Well-versed case, paper and poster presentation competitions and heated debates. It's a great opportunity to connect and socialise with like minded medicos across. Registrations opening soon. Details of all events will be announced and reach you shortly.This events aims to ignite your brains and professional skills with workshops, interactive sessions, unparalleled networking opportunities.

JOURNAL CLUB MEET

By Jasmitha, Member of board

Inter chapter journal club meeting was held on Sunday, June 18 2023 with this years theme: "Mastering the art of scientific publication". This was held in collaboration with 'Journal of Asian medical students association' (JAMSA), AMSA-Indonesia, AMSA-India, AMSA-Hongkong, AMSA-Thailand and AMSA-Mongolia. The primary goal of AMSA is to shape uprising doctors by fostering the exchange of knowledge ,engaging in activities, social services and fostering international friendships. AMSA-Indonesia, AMSA India, AMSA Thailand, AMSA Hong Kong, and AMSA Mongolia gladly present an Inter-Chapter Journal Club Meeting to give remarkable opportunities for AMSA members to present their research papers to journal experts and medical students from different countries. In this event, participants gained valuable feedback and enhanced better understanding of a scientific writing.

Contact Person:Imke Maria Del Rosario Puling. Research Team District 5 AMSA-Indonesia 2022/2023LINE ID: imimari. Phone Number: +6281285616355 for any necessary details.

HAYAGREEVA-2023

By Prabhas, Member of board

The Department of Physiology, SVIMS-SPMCW is organising 4th state level physiology quiz competition which is open for all MBBS students. The competition is going to held on 28th of July from 8:00AM to 4:00 PM in SPMCW. The last date for paying registration fee of 3000 rupees for the competition is 30th of June. From each college maximum of 3 teams can b participated with 3 participants in each team from any professional year of MBBS, but a first year student being a team member is mandatory. Several committees are formed by SPMCW including Darshan committee which arranges the darshan of Lord Venkateswara of Tirupathi for interested participants if approved by the TTD. Total of 5 rounds are included in the quiz and for the winners, prize distribution and valedictory function to be held on the same day.



Open call for title of the newsletter | Open call for editorial board from students | Open call for advisory board from faculty | Send your articles, art, jokes, riddles, questions, queries or suggestions to us.

Mail: therangarayaneditorialboard@gmail.com

Academics

FINALISED SCHEME OF EXAMINATION

By Varshita, Member of Board

The YSR University of Health Sciences recently announced the finalized scheme of examination to provide students with a clear roadmap for their upcoming assessments. A finalised scheme has been announced for the subjects of Orthopaedics, OBG, General medicine, Surgery and Paediatrics departments which can be accessed on the university website. The detailed scheme throws light on various aspects, including important competencies, question paper pattern, topic wise weightage, evaluation criteria along with a model question paper for students to practice. Students can now plan their study schedules accordingly, allocating sufficient time for each subject.

First and second year supplementary exam results were announced. Third year supplementary practical exams have been completed, marking a crucial step forward in their academic journey. First internal examination for third year students to be held in the last week of June.



By Sriraj, Final year part 1

Students corner

GLIMPSE OF YOU

By Gowtham Sri Harsha, First year MBBS

I don't know if you know me,
 But my eyes keep searching you every time.
 Let the crowds be thick or thin,
 My senses keep following your every sign.
 I can't get any closer, i know.
 I don't wanna go any further, you know.
 So, glimpse of you is all i have..!!!
 I don't know which one will be the last but,
 I clearly remember the first.
 You came walking in, turning in some heads
 Instantly
 Yet, clearly no one saw you like i did.

Article

SUMMER

By Kushal, Section Editor

As the summer season unfolds, our city finds itself engulfed in a sweltering wave of extreme heat. This year, temperatures have soared to unprecedented heights, leaving residents astonished and concerned. Comparisons to previous years reveal a stark difference, signaling a potential shift in our climate patterns.

This year's scorching heatwave brings about several concerning implications. First and foremost, the health and safety of our citizens are at risk. Heat-related illnesses, such as heatstroke and dehydration, are more prevalent as the mercury soars. Vulnerable populations, including the elderly and those with pre-existing medical conditions, face heightened dangers during these extreme temperature spikes.

Comparing this year's heatwave to previous years reveals an undeniable escalation. Temperature records, once set in distant memory, are broken with alarming regularity. The trend suggests a changing climate pattern, where high temperatures are becoming more frequent, prolonged, and intense.

The unprecedented high temperatures experienced in our city this year serve as a stark reminder of the urgent need to address climate change. We must act swiftly to reduce greenhouse gas emissions, embrace sustainable practices, and prioritize the well-being of our environment and future generations.



Open call for title of the newsletter | Open call for editorial board from students | Open call for advisory board from faculty | Send your articles, art, jokes, riddles, questions, queries or suggestions to us.

Mail: therangarayaneditorialboard@gmail.com

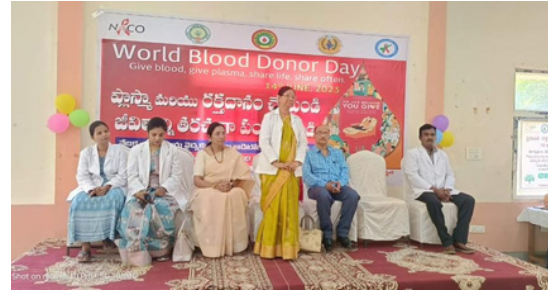
Social events

WORLD BLOOD DONATION DAY

By Jabeen, Member of board

In commemoration of Blood Donors Day 2023, the Blood Bank at the Government General Hospital, NSS Unit of Rangaraya Medical College, DMHO Kakinada, organized a prestigious blood donation camp within the Medical College Campus. The event took place in the distinguished presence of Dr. Vishnuvardhan, the Vice Principal of the institution, alongside esteemed individuals from the administration, including Dr. B Devi Madhavi, Academic Vice Principal, Dr. Hemalatha, GGH Superintendent, DMHO Dr. Ramesh, Blood Bank Medical Officer Dr. Sarada, and NSS Program Officer Dr. L Sowmya. The camp witnessed enthusiastic participants, including Post Graduates, Interns, and committed students, actively engaged in the blood donation camp. Dr. Devi Madhavi's impactful speech shed light on the crucial significance of blood donation. Dr. Ramesh and Dr. Hemalatha then guided the donors in taking a pledge, cementing their unwavering commitment to this noble cause.

At the event, esteemed guests recognized and honored frequent blood donors who have selflessly contributed blood on multiple occasions, ranging from 30 to 80 times. The camp, held on June 14, 2023, witnessed great success, with 68 individuals generously donating blood. This achievement signifies the collective commitment and compassion of the participants, embodying the spirit of altruism and life-saving contributions.



WORLD ENVIRONMENT DAY

By Devi Priyanka, Section editor

" Tree 's are vital, without them,life would be Fatal “

On the Eve of World Environment Day ,05-06-2023 ,NSS Unit , Rangaraya Medical College have organised plantation drive in the morning at main college campus. The event started with an introductory speech regarding this year's theme 'Beat Plastic Pollution' and it's importance by DME Dr. Narasimham, Government General Hospital Supertident Dr.Hemalatha Devi,Dr.Devi Madhavi Professor and HOD of Social and Preventive Medicine , Dr. Vishnu Vardhan,Vice Principal, Dr.Uma Maheshwaram Rao Professor and HOD of Forensic Medicine, Dr.Panduranga Vital Professor and HOD of Orthopaedics, Dr Suhasini, Associate Professor of SPM, Dr.Sowmya, Assistant Proffesor of SPM, NSS Program Officer, Dr.Veerayya Assistant Proffesor of Pharmacology and nearly 200 Undergraduates and Postgraduates were actively participated in this programme.They have created awareness among students how important the plants are ! And stated to take care of them daily by watering together once in a day.

'He who plants a tree,plants a hope '- Lucy Larcom



Puzzle

BRAIN TEASERS

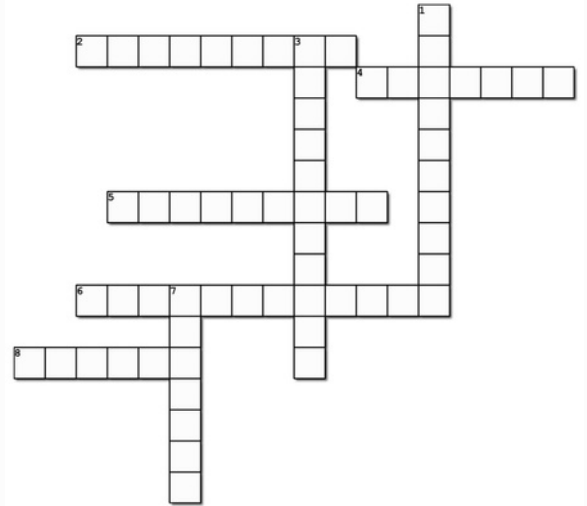
By Sarvani, Section editor

Across

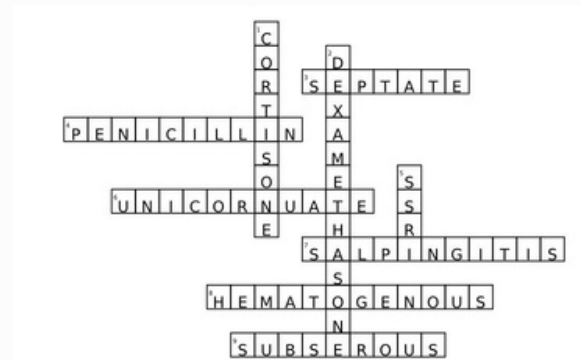
- 2) an imaging procedure, detects conditions affecting spinal cord
- 4) dye given before the surgery to remove a glioma, contains Aminolevulinic acid hydrochloride
- 5)) chemotherapy drug, also called CCNU, used to treat brain tumor
- 6)milk production from the breast unrelated to pregnancy, often caused by prolactinoma
- 8) type of brain tumor that originates from glial cells

Down

- 1) tumor that begins in the ependymal cells in brain and spinal cord
- 3) x-rays of blood vessels in brain, also called cerebral angiogram
- 7)Bevacizumab, drug used in recurrent glioblastomas



Answers for previous issue



Add to your library

THE ONE THING

By Kushal, member of board

The ONE Thing by Gary Keller and Jay Papasan is a self-help book that focuses on the importance of focusing on one goal at a time. The book focuses on a few essential concepts, such as prioritization, creating goals, and the effectiveness of single-tasking over multitasking, among other things. One of the most important lessons that they teach is that the greatest place to focus is on the one thing that, by putting your attention on it, will make areas in your life either easier or irrelevant.



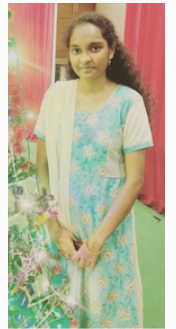
The book offers a refreshing take on productivity and time management. It challenges readers to question their existing habits and adopt a more purposeful and efficient approach. With its practical guidance and emphasis on simplicity, the book provides a valuable roadmap for maximizing productivity and achieving remarkable results.

NOTE FROM EDITOR

Devi Priyanka, Section Editor

Greetings everyone!

I'm delighted to be a part of The Rangarayan and to present the newsletter to our dear readers. I hope you all are staying hydrated in these heat waves. I'm glad to have become a better version of myself after being a part of this editorial board.



I want to convey the message,

"If you are failing to plan, you are planning to fail". So, be wise and do your best in the upcoming exams. Lastly preparation is the key to success. Try to be Healthy and Energetic in every situation. Hope you enjoyed this edition of our fortnightly newsletter and will see you geniuses soon with our next edition.

Contact us at: therangarayaneditorialboard@gmail.com

ADVISORY BOARD

- President: Dr. D S V L Narasimham, MS General Surgery
DME, Principal/ Additional Director, RMC, KKD
- Vice President: Dr. B. Devi Madhavi, MD Community Medicine
Vice Principal Academics, RMC, KKD
- Secretary: Dr. Sailaja Kallakuri, MS General Surgery
Cultural Vice President, RMC, KKD
- Advisor: Dr. Angela Charlene, Internee

EDITORIAL BOARD

- Chief-in-editor: Mr. S. Jyothi Prakash, Final MBBS - 2
- Associate Editors: Ms. Sarayu Thota, Final MBBS - 2
Ms. M. Saniya, Final MBBS -1
Ms. G. Harshita, Final MBBS -1
Mr. Subham Sistu, Final MBBS-2